



Easy Applesauce

Get kids involved in mashing apples for a fun and easy treat.

Source: Harvest for Healthy Kids
(www.harvestforhealthykids.org)

Makes 4-6 servings

Ingredients

4 medium apples (recommended: Fuji or Gala variety)

1 cup water

1/4 tsp cinnamon

1/8 tsp nutmeg

1. Peel and slice apples, removing the core. Leaving the peel on will result in chunkier applesauce and will retain more nutrients and color.
2. Place in pot.
3. Add water, cinnamon, and nutmeg.
4. Bring to a boil and let simmer until mushy.
5. Let children use a masher to mash up the apples into a sauce.
6. Set aside and let cool.
7. Serve warm or chilled.

Healthy Serving Ideas

Freeze 100 percent apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.

Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

For more ideas, visit www.cachampionsforchange.net

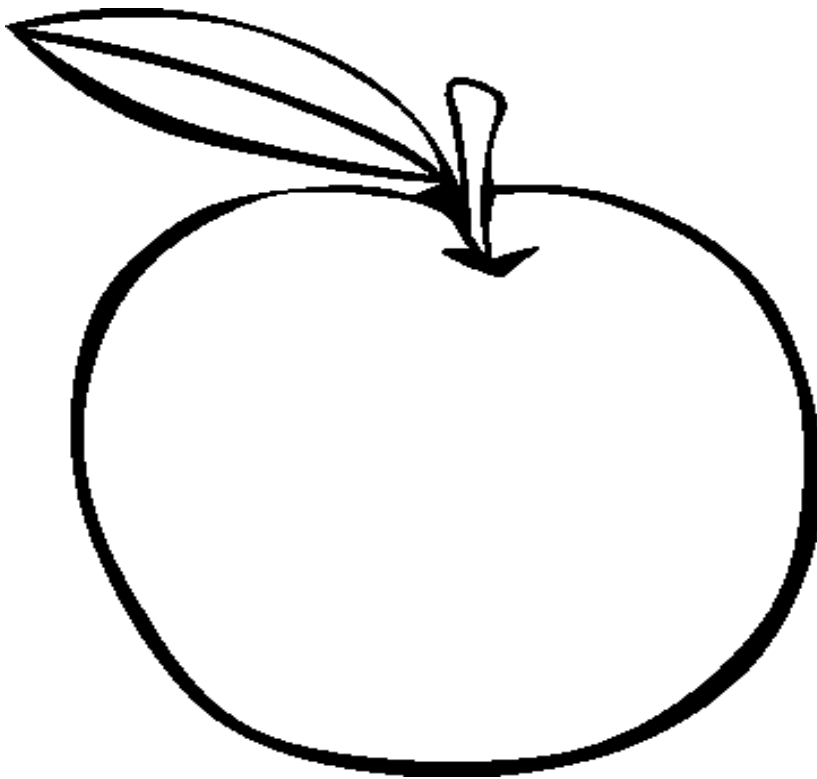
Did You Know?

Apples are a source of fiber!

- Fiber helps you feel full, helps keep your blood sugar level normal, and helps with digestion. It is found only in plant foods.
- Kids need three to five servings of fruits and vegetables a day.



Fun Fact: The first apple tree in Montana was planted in the Bitterroot Valley in 1866!



Color Your Favorite!

There are many varieties of apples, and they come in many shades of red, green, yellow, and more! They have many fun names including Braeburn, Pink Lady, and Spartan. Learn about other apple varieties at <http://www.orangeippin.com/apples>. Color your favorite variety on the apple outline to the left.

Apple Poem

Apples in the attic,
Apples in the hall,
Apples in the summer,
Apples in the Fall.

Apples make you healthy,
Apples make you tall.
I will eat some apples,
I will eat them all!



Apple Unit Word Search

b	l	o	s	s	o	m	s	c	a
b	c	v	c	p	c	c	e	b	p
w	e	a	p	r	t	i	e	a	p
r	a	a	c	o	r	r	d	s	l
p	l	g	r	u	e	s	s	k	e
i	w	c	o	t	e	o	a	e	r
e	c	x	o	n	a	r	c	t	s
J	o	h	n	n	y	s	p	i	e



This resource was adapted from the Apple Fact Sheet created by Andi Giddings, FoodCorps Montana Service Member in Butte, Montana.